

January 2007



A publication of Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring, Maryland 20901

PHONE: 301-681-1255

Center Hours: Monday – Friday 9:00 a.m. – 4:00 p.m.

Saturday, 10:00 a.m. – 3:00 p.m.

[HTTP://montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

Entertainment Awaits You on Fridays at 1:00

Drum Circles– January 5

The Devine Ms. Devitt – January 12

Mercy, It's Marcie – January 19

Karen & Bill Together – January 26

Intellectual Exploration

Travelogue – Strollin' on the C.O. Canal – Friday, January 12, 11:00

Tax Planning for Individuals – Wednesday, January 10, 10:30

Hip Replacement - Tuesday, January 16, 10:30

Capturing your Photos – Wednesday, January 17, 10:00

Travelogue – Nature in Poland – Friday, January 19, 11:00

Alternative Ways in Healing Pain - Monday, January 22, 1:00

Tips for Healthy Aging –Tuesday, January 23, 10:30

The Right Diet for Diabetes - Monday, January 29, 10:30

This Center is closed:

Monday, January 1, New Years Day & January 15, Martin Luther King Day

This publication is sponsored by Holiday Park Seniors, Inc., a private non-profit corporation.

Information contained in the advertisements does not constitute any involvement, support, or endorsement by Montgomery County government, the Department of Recreation, or the individual facility or program referenced.

SPECIAL JANUARY 2007 PROGRAMS/EVENTS

CENTER CLOSED – Monday, January 1, 2007.

The Center is closed on New Year's Day.

Had Shingles? Still Have Pain? – Tuesday, January 2, 10:30

A video presents a simple educational discussion of post-shingles pain and its treatment. The combination of patient experiences and physician's expertise leads to a better understanding so that patients can take control of their pain.



Origami Tulips – Thursday, January 4, 11:00

Origami is the Japanese craft of paper folding. The Center's librarian, Lois Decker, shares another talent of hers, creating origami objects. It is easy to learn to make these flowers.

Drum Circles – Friday, January 5, 1:00

Join us for an informal and participatory celebration of life performed by Mr. Stream Thomas Ohstrom. This interactive program includes: drums, flutes and other percussion instruments. Everyone is encouraged to join in the fun by playing along with the instruments that Mr. Ohstrom brings. Bingo to follow at 2:15

Monday Movie: An Inconvenient Truth – Monday January 8, 1:00

Davis Guggenheim documentary film follows Al Gore on a world tour warning audiences that humankind faces dire climatic consequences if it doesn't curb carbon dioxide emissions. Surprisingly, Gore's lectures are not dull. He comes across as relaxed and energetic, and his material, while not new, is interesting and persuasive in its collective weight.

PAD & Diabetes – Tuesday, January 9, 10:30

PAD, or peripheral arterial disease, is very common in people with diabetes. In the United States, more than 12 million people are affected by this disease. It is recommended that all people who are 50 years or older with diabetes should be tested for this disease. It can lead to pain on walking, and sometimes limb amputation. Presented by Holy Cross Hospital.

Tax Planning for Individuals – Wednesday, January 10, 10:30

Survey some of the basic tax reduction techniques one can take to minimize the year-end tax burden. Mr. Cornelius L. Mhley, CPA, Mhley & Associates, P.C., will review current federal and state income tax law changes as they relate to individuals, and discuss the pros and cons of tax preparation software.



Travelogue - Strollin' on the C&O Canal – Friday, January 12, 11:00

Mr. Paul D. McDermott, Professor Emeritus, Montgomery College Speakers Bureau presents the historical and cultural geography of the canal. A special living history presentation is presented with costume and music.

The Devine Ms. Devitt! – Friday, January 12, 1:00

Ms. Karen Devitt – pianist and professional recording artist – returns to the Center with her wide-ranging repertoire of songs spanning the decades from the 20's to today. She does an especially wonderful job on tunes from our favorite musicals. Bingo to follow at 2:15 p.m.

CENTER CLOSED - Monday, January 15, 2007.

The Center is closed in honor of Martin Luther King Jr.'s Birthday holiday.

Hip Replacement - Tuesday, January 16, 10:30

Learn how to prevent hip fractures and improve your quality of life before and after hip replacement. This program is also designed for seniors concerned about controlling and preventing hip pain. Bring your questions and leave feeling more "in control of your health".

Instructor: Valerie C. Merriweather, MHA, NASM Certified Personal Trainer, ACE Certified Personal Trainer.

History Your Teachers Never Taught You: Franklin & Eleanor (part 2) – Wed., January 17, 10:30

Join Ed Fritz as he concludes his presentation on the lives of this dynamic duo. Franklin and Eleanor saved this nation from the worst depression in our history and then saved the world from the worst tyrant in history who started World War II. The subject next month on February 14 is "Anne's Amorous Adventures." A lively discussion follows each presentation.

Capturing Your Photos - Wednesday, January 17, 10:00 – 12:00

Learn how to load a computer with your digital photos, and how to modify, copy and "burn" these photos onto a CD. Class is limited to 10 participants. Instructor: MSSC's resident photographer, Paul Mink. Free

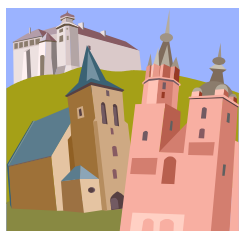
Make a Non-edible Treat - Thursday, January 18, 10:30

Gloria Panza, craft teacher extraordinaire, teaches participants how to construct an ice cream cone that looks real but cannot provide any calories. It is made from felt and pompoms. Come join the fun for this free program.



Mercy It's Marcie: Entertainment for the Ages - Friday, January 19, 1:00

Marcie Prince, with over 20 years of live performance experience, enriches your life with her amazing gift of song. Her animated, theatrical style will have you singing and clapping along with her. Bingo to follow at 2:15 p.m.



Travelogue – Nature in Poland - Friday, January 19, 11:00

Dr. Don Messersmith, a retired University of Maryland Professor and world traveler, discusses his recent trip to Poland. The highlight of his trip was his return to "his roots" by visiting his grandparents' home villages, which were formerly in Germany but annexed by Poland after WWII. The slide presentation is designed to view Poland's natural history, with an emphasis on the wildlife, especially the birds.

Alternative Ways in Healing Pain – Monday, January 22, 1:00

There are many alternative medicine ways to lessen pain. Message therapy is the fastest growing segment of natural health care. Americans make approximately 600 million trips to a message therapist a year. Presented by the Pain Connection™ and Lee Blank, Massage Therapist.

Tips for Healthy Aging - Tuesday, January 23, 10:30

Are you looking to live longer and enjoy life to the fullest? Would you like to live the rest of your life with more energy and vitality? Don't miss out on these secrets to longevity and how to live

happier and longer. You're never too old - or too young - to begin living a longer and healthier life. This seminar is presented by Washington Adventist Hospital.

Food can make you Sick – Thursday, January 25, 10:30

Recent outbreaks of *E.coli* illness from fresh spinach and lettuce have once again reminded Americans about the dangers of foodborne illness. Presented by Jamie Borns, Heartwell nurse from Suburban Hospital.

Travelogue – China - Friday, January 26, 11:00

Mr. Hing Lew, dance instructor at the Center, will take us on an up-close and personal look at his native country, China, which he recently visited, after more than 23 years. His presentation includes slides and video.

Karen and Bill Together - Friday, January 26, 1:00

Karen & Bill Collins will entertain us by playing the piano and singing country western and old rock and roll songs. They will also have a sing-a-long and tell a few jokes. Bingo at 2:15.

The Right Diet for Diabetes - Monday, January 29, 10:30

Maintaining a healthy diet is important for everyone, but it is especially important for people with diabetes. Following the right meal plan can make all the difference to a person struggling to keep their blood sugar under control. But what is the right meal plan? How much of which food group should you eat? Presenter: Norma Wilmott, RN.

Movie Matinee- Shane – Monday, January 29, 1:00

Director George Stevens' legendary rendition of the western myth earned six Academy Award nominations. The story brings Alan Ladd, a drifter and retired gunfighter, to the assistance of a homestead family terrorized by an aging cattleman and a gunfighter.

We're Talking Teeth – Tuesday, January 30, 10:30

Whether your smile has been enhanced by your dentist or is all your own, Dr. Steven Price returns to share more information concerning issues concerning your own personal oral health.



Margaret Schweinhaut Advisory Council Sponsored Classes

Margaret Schweinhaut Advisory Council Class Payment and Refund Policy

Class registrations must be done in person at the staff office (checks payable to M.S.S.C.). All requests for refunds must be made in writing. Refunds requested at least three working days prior to the first class will be refunded at 100% of the fee; refunds requested less than three days prior to the first class or after the first class will be refunded at 75%; after the second class but prior to the third class, refunds will be 50% of the class fee. After the third class, there is no refund. We do not pro-rate classes; you must pay the full amount.

Exercise Classes

SENIOR FIT -Monday/Wednesday/Friday **or** Tuesday/Thursday, 9:00 - 9:45 & Sat., 9:30 -10:15

Designed especially for seniors, this exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility, and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Choose from one of three on-going exercise classes sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is **required** before you may begin class. Space is limited. To request a physician's consent form, please call 301-754-7895. Free **(No class January 1 or 15)**

Please note the Senior Fit inclement weather policy regarding cancellation of classes: listen to your radio (WTOP 103.5 FM) for possible school closings or delayed openings. If the

Montgomery County Public Schools have a delayed opening, there is no class and if they are closed for the day, Senior Fit is cancelled.

Line Dancing - Monday, 10:00 - 12:00

If dancing makes you happy; if you need to get some exercise but work-outs bore you; if you don't have a dance partner; then you must try this line dancing program. Instructor: Olga Fairfax. Free. **(No class January 1 & 15.)**



Better Bones - Monday and Thursday, 2:00 - 3:00

This free program is designed for people 55 and older. It focuses on reducing the rate of bone loss, improving balance and flexibility, and enhancing energy and well-being. Please call Holy Cross Hospital Health Line at 301-754-8800 to register and to request a doctor's Permission Form.

Weight Training for Seniors - Tuesday, 10:00 – 11:00 and Wednesday 2:45 - 3:45

If you want to lose fat or change your body, one of the most important things you can do is lift weights. Diet and cardio are equally important, but when it comes to changing how your body looks, weight training wins hands down. This program is sponsored by Suburban Hospital and designed especially for seniors. Class is limited to 15 participants. Please register with Bernadette in the office. The Wednesday class has openings. The next session begins January 9. Instructor: Matt Rundell, ACSM Health Fitness, A.C.E. certified. Free

Ball Exercise for Seniors - Tuesday, 11:00 – 12:00

Exercises done sitting or lying on a stability ball engage core muscles and build balance. This program is sponsored by Suburban Hospital and designed especially for seniors. Class is limited to 15 participants. Please register with Bernadette in the office. The next session begins January 9. Instructor: Matt Rundell, ACSM Health Fitness, A.C.E. certified. Free



Square Dance Mainstream - Thursday, 10:00 - 11:00

Pre-requisite: "Beginner" class. With its spins, turns, and arm and leg movements, square dancing can be as good as any other regular exercise activity and it's fun! Register with Montgomery County Department of Recreation. For information call 240-777-6870. Instructor: Betsy Taylor.

Square Dance: Plus 3 - Thursday, 11:00 - 12:00

Pre-requisite: "Plus 1" and "Plus 2" classes Register with Montgomery County Department of Recreation. Call 301-589-4868 for information. Instructor: Betsy Taylor.



T'ai Chi Chuan - Thursday, 10:00 - 11:00

A recent Johns Hopkins study reveals that T'ai Chi lowers blood pressure almost as much as moderate-intensity aerobic exercise in once-sedentary older adults. An ancient Chinese slow-moving exercise, T'ai Chi improves balance, circulation, flexibility, and breathing. This class is designed for beginners, but all levels are welcome.

Instructors: Fred Nee and A. M. Carey, D.V.M., M.S. Free.

Yoga Adapted for Seniors - Friday, 10:30 – 11:10

Yoga connects exercise, breathing and meditation, producing a state of inner peace and creating a stronger, more relaxed and flexible body. This class will show you how to stretch your entire body while doing controlled breathing. Yoga poses and sequences in this class can be done by using a chair for added balance and stability. Please wear loose clothing.

Fee: \$3:00 per session. Instructor: Jane Adams.

Computer Classes



Introduction to Computers – Tuesday and Thursday, 11:00 - 12:00
6 sessions: January 2 – 18. This class is perfect for those who have never really used the computer. Learn how to use the mouse and keyboard.

Introductory concepts will be taught. Class is limited to 14 students. A

shortened version of this class is being done on a one-to-one basis, or by appointment for individual lessons. Contact the office for more information. Instructor: Louis Mastrobattista. Fee: \$30.00

Computer Monitoring – Friday, January 5 and 19, 2:00 – 3:00

If you have taken the Center's "Introduction to Computer," "Windows 98", or "Internet" classes and now find that you need a little extra guidance with working on a document, sending or receiving an e-mail, etc., feel free to drop in for this open "help" session. Instructor: Steve Sachs. Free

Capturing Your Photos - Wednesday, January 17, 10:00 – 12:00

Learn how to load a computer with your digital photos, and how to modify, copy and "burn" these photos onto a CD. Class is limited to 10 participants.

Instructor: MSSC's resident photographer, Paul Mink. Free



Windows 2000 Tuesdays and Thursdays, February 1-20, 9:30-10:30 6 sessions.

Prerequisite: Introduction to Computers. Using Windows 2000, learn the management, computer settings, use of buttons, bars, and boxes, etc. Instructor: Louis Mastrobattista Fee: \$40

Internet Play Tuesdays and Thursday, February 20, 22, & 27 11:00-12:00 3 sessions

Prerequisite: internet or equivalent. Apply skills you already know to search and find information on the internet. Find and recognize good senior web sites. Play free games, go shopping, and other fun things. Free

Art & Craft Classes

Quilting and Hand-Sewing - Monday, 1:00 - 3:00.

If you enjoy quilting and/or hand-sewing, please join this great group. Bring in your "work in progress" projects. Instructor: Liz Brigham.



Ceramics - Tuesday and Thursday, 9:30 - 1:30

This is an on-going class and seniors are welcome to join at any time. Learn the proper techniques to complete ceramic pieces, including cleaning, firing, staining, glazing, or painting with acrylics. The class fee is \$15.00 per month. Instructor: Gloria Panza

R.S.V.P. Yarners - Thursday, 1:00

If you are an experienced knitter or crocheter, please join this group of talented seniors who create useful items that are then given to R.S.V.P. (Retired Seniors Volunteer Program) which distributes them to the needy. Donated yarn is provided. Instructor: Casimira Wolman. Free

Brush Strokes - Friday, 10:00 - 12:00

Enjoy the friendship of fellow art enthusiasts. Bring your drawing materials, paints and accessories for a free two-hour workshop. No pressure; just pleasure!



Community Sponsored Classes

AARP Driver Safety Program



Monday and Wednesday, February 12 & 14, 10:00 - 3:00

Pre-registration is required. Have you brushed up on your driving skills lately?

A.A.R.P. conducts this two-day classroom, safe-driving course which focuses on defensive driving techniques for older drivers and can reduce insurance costs. (A one-hour lunch break is given. You may bring your own lunch or eat at the Center. Please call 301-681-1255 for lunch reservations.) Fee: \$10.00.

TIRED OF SITTING AT HOME WITH NOTHING TO DO?

Dance with the Senior Stars

Join our free mini-dance lessons offered by Hing and Hun F. Lew immediately preceding each dance at 12:00 – 1:00 p.m.

Every Wednesday, 1:00-2:30
LIVE DANCE BAND – FEBRUARY 28



F.Y.I. and Staff Notes

Transportation to the Margaret Schweinhaut Senior Center

Ride-On bus to and from the center is available daily in the neighborhood. For more information, please call 301-681-1255.

Blood Pressure Screenings - The Center offers free monthly screenings by qualified registered nurses. They are scheduled on Tuesday, January 2 and 16 from 12:15 to 1:30, on Thursdays from 9:00 to 2:30, and on Friday, January 5 from 12:30 to 1:30.








Mobile Post Office – The United States Post Office provides a special post office truck which is parked in front of the building each Wednesday from 11:00 to 12:30. You may buy stamps, mail packages, etc.

Exercise Equipment - The Center has two treadmills, an elliptical cross-training machine, a stationary bike, and two universal weight stations. It is important that you consult your physician before beginning any aerobic exercise program. Exercise shoes are mandatory!!
Remember you use these equipments at your own risk.

Calling all Red Hatters - Ladies come dressed in your finery and prepare to have fun with the Center's "Chic Red Hatter's of Merryland." See schedule of activities on the bulletin board in the Snack Area.

Newsletter Mailings - If you would like to have a newsletter mailed to your home, please provide a stamped (63 cents), business-size, self addressed envelope to the office.

	Monday	Tuesday	Wednesday
January	1 Center is Closed 	2 Senior Fit 9- 9:45 \$Ceramics 9:30-1:30 Writer's Workshop 9:30 -11:30 Had Shingles? Still Pain? 10:30 \$ Intro to Computers 11:00 _Blood Pressure 12:15 -1:30 Coping with Change 1:00 \$Duplicate Bridge 1:00 -3:30	3 <i>Senior Fit 9- 9:45</i> Italian Culture Group 10:00 Mobile Post Office 11:00 -12:30 Attorney, Harold Golding 1:00 <i>Kaleidoscope 1:00 -3:00</i> Dancing with the Stars 1:00 -2:30 <i>Italian Language 1:00</i>
	7 Senior Fit 9- 9:45 <i>Antiques & Collectible 10-11:30</i> S.H.I.P. 10:00-12:00 Line Dancing 10:00-12:00 Argyle <i>Monday Bingo 10:30 Craft Room</i> Movie: An Inconvenient Truth 1:00 <i>Quilting& Sewing 1:00</i> Better Bones 2:00	8 Senior Fit 9- 9:45 \$Ceramics 9:30-1:30 Writer's Workshop 9:30 -11:30 Weight Training 10:00 <i>Senior Services 10:30</i> PAD & Diabetes 10:30 \$ Intro to Computers 11:00 Ball Exercise 11:00 <i>Coping with Change 1:00</i> \$Duplicate Bridge 1:00 -3:30	9 <i>Senior Fit 9- 9:45</i> Italian Culture Group 10:00 Mobile Post Office 11:00 -12:30 Tax Planning 10:30 Attorney, Harold Golding 1:00 <i>Kaleidoscope 1:00 -3:00</i> Dancing with the Stars 1:00 -2:30 <i>Italian Language 1:00</i> Weight Training 2:45
	14 Center Closed 	15 Senior Fit 9- 9:45 <i>Writer's Workshop 9:30 -11:30</i> \$Ceramics 9:30-1:30 Weight Training 10:00 Hip Replacements 10:30 \$ Intro to Computers 11:00 Ball Exercise 11:00 _Blood Pressure 12:15 -1:30 Coping with Change 1:00 Opera 1:00 <i>\$Duplicate Bridge 1:00 -3:30</i>	16 Senior Fit 9- 9:45 <i>Italian Culture Group 10:00</i> Capturing Your Photos 10-12 Frank and Eleanor (Prt 2) 10:30 Mobile Post Office 11:00 -12:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00-3:00 <i>Dancing with the Stars 1:00 -2:30</i> Italian Language 1:00 <i>Red Hatter's Gathering 2:00</i> Weight Training 2:45
February	21 Senior Fit 9- 9:45 <i>Antiques & Collectible 10-11:30</i> Line Dancing 10:00-12:00 <i>Monday Bingo 10:30</i> Quilting& Sewing 1:00 World War II Meeting 1:00 Alternative Pain Healing: 1:00 <i>Better Bones 2:00</i>	22 Senior Fit 9- 9:45 <i>Writer's Workshop 9:30 -11:30</i> \$Ceramics 9:30-1:30 Weight Training 10:00 Tips for Healthy Aging 10:30 Ball Exercise 11:00 Coping with Change 1:00 <i>\$Duplicate Bridge 1:00 -3:30</i>	23 <i>Senior Fit 9- 9:45</i> Italian Culture Group 10:00 <i>Mobile Post Office 11:00 -12:30</i> Attorney, Harold Golding 1:00 <i>Kaleidoscope 1:00-3:00</i> Dancing with the Stars 1:00 -2:30 <i>Italian Language 1:00</i> Weight Training 2:45
	28 Senior Fit 9- 9:45 <i>Line Dancing 10:00-12:00</i> Monday Bingo 10:30 Right Diet for Diabetes 10:30 Quilting& Sewing 1:00 Movie: Shane 1:00 <i>Better Bones 2:00</i>	30 Senior Fit 9- 9:45 <i>Writer's Workshop 9:30 -11:30</i> \$Ceramics 9:30-1:30 Weight Training 10:00 We're Talking Teeth 10:30 Ball Exercise 11:00 Coping with Change 1:00 <i>\$Duplicate Bridge 1:00 -3:30</i>	31 Senior Fit 9- 9:45 <i>Italian Culture Group 10:00</i> Mobile Post Office 11:00 -12:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00-3:00 <i>Dancing with the Stars 1:00 -2:30</i> Italian Language 1:00 <i>Weight Training 2:45</i>

			
	Thursday	Friday	Saturday
	4	5	6
	Senior Fit 9- 9:45 <u>Heartwell</u> 9-2:30 \$Ceramics 9:30-1:30 \$Square Dance Classes 10:00 12:00 Tai Chi Chuan 10:00 Origami Tulips 11:00 \$ Intro to Computers 11:00 RSVP Yarners 1:00 \$Duplicate Bridge 1:00- 3:30 Better Bones 2:00	Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 <u>Drum Circles 1:00</u> Widowed Persons Group 1:00 Computer Mentoring 2:00 -3:30 Bingo 2:15 -3:30	Senior Fit 9:30 – 10:15 Pool Room 10:00 -2:45 Cards & Table Games 10:15-12 Shuffle Board 10:30 - 12:00 Line Dancing 10:00-12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30 
	11	12	13
	Senior Fit 9- 9:45 <u>Heartwell</u> 9-2:30 \$Ceramics 9:30-1:30 \$Square Dance Classes 10:00 -12:00 Tai Chi Chuan 10:00 \$ Intro to Computers 11:00 \$Duplicate Bridge 1:00- 3:30 Wheaton NARFE 1:00 RSVP Yarners 1:00 Better Bones 2:00	Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 <u>Strolling the C & O Canal 11:00</u> <u>Blood Pressure Screening 12:30-1:30</u> Widowed Persons Group 1:00 <u>The Devine Ms. Devitt 1:00</u> Bingo 2:15 -3:30	Senior Fit 9:30 – 10:15 Pool Room 10:00-2:45 Cards & Table Games 10:15 -12 Shuffle Board 10:30 - 12:00 Line Dancing 10:00- 12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30 
	18	19	20
	Senior Fit 9- 9:45 <u>Heartwell</u> 9-2:30 \$Ceramics 9:30-1:30 Deaf Seniors of MD 10:00-3:00 Tai Chi Chuan 10:00 \$Square Dance 10:00 -12:00 (Argyle) <u>Non edible Treats 10:30</u> \$ Intro to Computers 11:00 \$Duplicate Bridge 1:00- 3:30 RSVP Yarners 1:00 Better Bones 2:00	Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 <u>Nature in Poland 11:00</u> Widowed Persons Group 1:00 <u>Mercy, It's Marcie 1:00</u> Computer Mentoring 2:00 -3:30 Bingo 2:15 -3:30	Senior Fit 9:30– 10:15 Pool Room 10:00 -2:45 Cards & Table Games 10:15 - 12 Line Dancing 10:00- 12:00 Shuffle Board 10:30 - 12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30 
	25	26	27
	Senior Fit 9- 9:45 <u>Heartwell</u> 9-2:30 \$Ceramics 9:30-1:30 \$Square Dance Classes 10:00 12:00 Tai Chi Chuan 10:00 <u>Food Can Make You Sick 10:30</u> RSVP Yarners 1:00 Silver Spring NARFE 1:00 \$Duplicate Bridge 1:00- 3:30 Better Bones 2:00	Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 <u>Travelogue to China 11:00</u> <u>Karen & Bill Together 1:00</u> Widowed Persons Group 1:00 Bingo 2:15-3:30	Senior Fit 9:30– 10:15 Pool Room 10:00 -2:45 Cards & Table Games 10:15 -12 Line Dancing 10:00- 12:00 Shuffle Board 10:30 - 12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30 

<p>Have you tried your hand at ceramics? It is fun and therapeutic! Tues., & Thurs. 9:30-1:30</p>	<p>\$Designates classes that require fees. Each session is for <u>one</u> hour, unless otherwise stated.</p>	<p>Come join the fun in the pool room on Mondays to Saturdays 10:00-3:00</p>
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ON-GOING PROGRAMS/ACTIVITIES

SHIP/Senior Health Insurance Assistance Program - 2nd Monday, 10:00 - 12:00

Ms. Chris Ledley, our representative from the Senior Health Insurance Assistance Program (SHIP), is available for one-on-one counseling on Medicare part D, Medicare, Medigap, long-term care insurance, managed care, HMO's, and claims and appeals. For more information, call 301-590-2819, or check the website at www.medicarehelp.org.

Antiques and Collectibles - 2nd and 4th Mondays, 10:00 – 11:30.

This knowledgeable group discusses the history, value, etc. of all varieties of antiques and collectibles. Bring along items to discuss, or just sit back, listen and learn. January 8, New Year's items - string holders. January 22, Iron and brass things - sewing items. All are invited. Leader: Lou Ungar

Monday Bingo- SENIORS ONLY - Mondays, 10:30 – 11:30

Competition and camaraderie reign on Monday mornings during bingo. Prizes are gift certificates of variable amounts for food items from Jerry's Subs and Pizza at Four Corners (301-681-3850). Sincere thanks to Mr. John Distler, Manager, for making this activity possible.



Writer's Workshop – Tuesdays 9:30-11:30

Do you like to express yourself through writing? Do you enjoy listening to authors reading their prose? Join this lively group to share, write or listen to original stories and poetry. Facilitator: Gerry Margulies.

Brush up Your Shakespeare - No class in January.



Afternoon at the Opera - Tuesday, January 16, 1:00

Join opera expert Irv Nurik as he presents Amadeus. This program contains not only well known arias but also numbers from less popular operas designed to take the viewers on a voyage of discovery through Mozart's incomparable rich and varied musical world. Handouts are available.

Senior Services in Montgomery County - Tuesday, January 9, 10:30

Anita Joseph, Information and Assistance specialist with the Montgomery County Department of Health and Human Services, is available by appointment (240-777-3000) or in person at the Center on the 2nd Tuesday of each month. Learn about the services available to seniors in Montgomery County, and the procedures necessary to obtain these services and benefits.

Duplicate Bridge - Tuesdays, 1:00 - 3:30

Play in an ACBL sanctioned game open to all seniors. Please bring along a partner as partnerships are not guaranteed. Fee: \$3.00. Leader: Roz Dixon

Coping with Change - Tuesdays, 1:00

As we age there are many things that change around and in us. Adapting to these changes is at best challenging. Join a guided open discussion (guided by an experienced group leader and an exceptionally good listener) that shares personal experiences of the aging process. Group Leader: Stephanie Svec of the Affiliated Santé Group



Italian Language Class - Wednesdays, 1:00-2:30

Gain knowledge of the spoken Italian language as you explore its beauty and culture.

Prerequisite: Participants must have a working knowledge of the Italian language.

Instructor: Rose Mary Greenwood. Free

Free Legal Advice - Wednesdays, 1:00

Free legal advice to any and all seniors who desire it. Get help drawing up your will, get answers to your legal questions, and references to other experts should you need them. Please register at the front desk on arrival. Consultation is on a first-come, first-served basis. Call the Center for more information. Legal Consultant: Mr. Harold Golding, Attorney-at-Law (retired)



Kaleidoscope (Discussion Group) - Wednesdays, 1:00 – 3:00

Do you like discussing the news with people who are interested in current events? Persons of diverse opinions are always welcome to join this knowledgeable group. Come to either share your thoughts or just listen. Discussion Leader: Bob Hautman.

Dancing with the Senior Stars! - Wednesdays, 1:00 – 2:30

Join this free weekly dance party – swing or just sway to the recorded legendary ballroom sounds of America's Big Bands. We introduce our free mini dance lessons offered by dance teachers, Hing and Hun F. Lew, at 12:00 – 1:00 p.m., immediately preceding each dance. Brush up on your dance moves or just watch the demonstration of your favorite dances. Special Live Band performing on Wednesday, February 27.



Heartwell - Thursdays, 9:00 - 2:30

Registered nurse Jamie Borns from Suburban Hospital provides free consultation and monitoring of chronic disease management. In order to be in this program you must be at least 65 years old, have a primary-care physician, have a diagnosis of cardiovascular disease, be willing to consent to allow the nurse to share information with your physician, and let the nurse know if you are hospitalized.



No Book Discussion in January -

Please join Brenda Rosa as she leads the next discussion on February 15.



Duplicate Bridge - Thursdays, 1:00 – 3:30

Open to all senior players. ACBL sanctioned. Bring along a partner as partnerships are not guaranteed. Fee: \$3.00. Leader: WonJoo Cho

Karaoke Sing Along - Fridays, 10:00 – 11:00

You've heard the expression "follow the bouncing ball", now meet the latest version and join this group of seniors for a low-key, sing-along. You'll hear all your favorites from yesteryear and, even better, you'll be able to see the words on television while the music plays along. Grace Griffin and Jack Meiners (harmonica) lead this fun-filled group.

Widowed Persons Support Group - Fridays, 1:00 - 2:00

Co-sponsored by the Widowed Persons Service, this group provides support and understanding for people who have had a spouse die in the last two years. Participants are encouraged to attend the weekly sessions. Call 301-754-7398 for the required registration and/or to speak to the group's facilitator.

Bingo – Fridays, 2:15-3:30

Enjoy the camaraderie and excitement of the game. The prizes are food items. Small fee.

SATURDAY ACTIVITIES

SENIOR FIT - 9:30 -10:15. Designed especially for seniors, this exercise program focuses on increasing strength and muscle endurance, while improving balance and flexibility to reduce the risk of osteoporosis, diabetes, heart disease, and obesity. Permission from your health provider is required before you may begin class. Space is limited. To request a physician's consent form, please call 301-754-7895. Free **(No class January 1 & 15.)**

Pool Room - 10:00 - 2:45. The Center has six full-sized tables for your use. Both men and women are encouraged to try their hands at this sport. (The pool room is also available Monday - Friday, 9:00-4:00.)



Senior Line Dancing - 10:00 – 12:00. Join this fun-filled dance class each Saturday morning. No partners necessary. Dance Leader/Instructor: Geraldine Doswell. Free



Card Room - 10:15 - 11:45. The Card Room is open for all card and table games.

Shuffleboard - 10:30 - 12:00. As this activity grows, more and more individuals are finding shuffleboard to be challenging and an interesting way to exercise. Enjoy a morning with friends on our two indoor courts. New players are always welcome.

QiGong - 12:00 – 1:00. Sometimes called Chinese Yoga, QiGong consists of easy-to-learn, graceful movements that promote relaxation and good health – an ancient healing art perfect for the modern world. Relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free

Party Bridge - 12:00 - 2:30. Bridge with a different twist - Party Bridge is a perfect way to meet people with whom you share a common interest. In Party Bridge you play a pre-determined number of hands, then rotate to a new partner. Everyone keeps their own score and the highest score is posted. Players are seated as they arrive. Partners wishing to play the first "round" together must arrive together. Games start promptly at 12:00 p.m. In fairness to the bridge players, please plan on staying until **all** the games are ended. Facilitator: Noel Egland.



Where can you find a room with 6 pool tables,
pool sticks, chalk and all the other necessary items?
Here at the Margaret Schweinhaut Senior Center of course.
Now all we need is you!

Come join us.

Staff at the Margaret Schweinhaut Senior Center

Director: Betty Timer.

Office Staff: Karen Maxin, Bernadette Moss, Jacqueline Richardson, Yvonne Stone,

Nutrition Staff: Estelle Donin. Food Server: Astrid Rivas

Arts & Crafts: Gloria Panza. Saturday Staff: Marge Barbee. Porter: Ines Ramos

LUNCH

LUNCH IS SERVED MONDAY THROUGH FRIDAY AT 12:00. Please make your reservations for bus and/or lunch at the Margaret Schweinhaut Senior Center, Monday through Friday, at least one business day in advance, with the Nutrition Site Manager. Please call the Center at **301-681-1255** to either make or cancel bus and/or lunch reservations before 12:00 noon the day before. The full cost of the meal is \$4.83. For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. Please contribute as much as you can--contributions are used to purchase more meals.

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 – No Lunch Happy New Year	2 – Spaghetti/Meat Sauce	3 – Roast Turkey Sandwich	4 – Vegetarian Lasagna	5 - BBQ Chicken
8 – Turkey ala King	9 – Cheese Ravioli w/Tomato Sauce	10 – Creole Chicken	11 – Salmon Patty	12 – Honey Mustard Chicken
15 – No Lunch Martin Luther King	16 Meat Loaf w/ Gravy	17 – Baked Scrod	18 – Roast Beef	19 – Herb Baked Chicken
22 – Lentil Stew	23 – Tuna Salad	24 - Roast Turkey	25.- Hamburger	26 – Chicken Cacciatore
29 - Beef Veg. Potato Stew	30 – Three Bean Chili over Brown Rice	31 – Beef Tips		

Community Organizations Meeting at the Center

- Montgomery County Coin Club – January 9, 7:00 p.m.
- Wheaton NARFE (#1887) – January 11, 1:00 p.m.
- Chic Red Hatters of Merry Land – January 17, 1:30 p.m.
- MD Deaf Senior Citizens – January 18, 10:30 a.m.
- WW II / Korean War Veterans Meeting – January 22, 1:00 p.m.
- Silver Spring Philatelic Society (Stamp Club) – January 23, 7:45 p.m.
- Silver Spring NARFE (#260) – January 25, 1:00, p.m.

Opinions Needed!

Please consider becoming a part of **Kaleidoscope**, a current issues discussion group.

It meets on **Wednesdays at 1:00**. All are welcome!

UPCOMING FEBRUARY 2007 PROGRAMS/EVENTS

Friday, February 2, Entertainment – Anna Pappas

Wednesday, February 7, Movies, Race & WWII

Friday, February 9, Travelogue – Easter Island

Friday, February 9, Entertainment – Bryan Rudolph

Tuesday, February 13, Take the Failure out of Heart Failure

Wednesday, February 14, Anne's Amorous Adventures (Part 1)

Friday, February 16, Travelogue - Venezuela

Friday, February 16, Entertainment – Marcie Prince

Tuesday, February 20, Mind Mapping

Friday, February 23, Entertainment – Hilda and Hank

Friday, February 23, Travelogue – Vietnam

Monday, February 26, Pressure Point Therapy Techniques

Tuesday, February 27, Women's Healthy Heart

Wednesday, February 28, Dancing with the Senior Stars, Live Band

Inclement Weather Policy



- When Montgomery County (M.C.) Public Schools are **CLOSED**, all senior classes and programs, including lunch and transportation, **will be CANCELLED**.

- If M.C. Public Schools have a delayed opening, all classes or events scheduled to begin at or after 10:00 a.m. may be held as usual and lunch will be served.
- During inclement weather, please listen to your radio (WTOP 103.5 FM) for possible school closings or delayed openings. If schools have a scheduled holiday, and are to be closed that day, the Montgomery County Department of Recreation will make announcements regarding its activities.
- If in doubt, please call the Center at **301-681-1255** for further information.
- Always feel free to leave a message on the answering machine at the Center. A staff member will try to return your phone call as soon as possible.

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